

Principles of a Safe Lift

**AVOID A LIFETIME OF BACK PAIN BY USING THESE PRINCIPLES AND REMEMBER
...IT'S YOUR BACK!**

M

ake sure you plan the lift. Clear the path.

Assess if the load is too heavy. If the load is too heavy then seek assistance.

Y

our feet should be shoulder width apart placed close to the object.

B

end your knees and smoothly lift being sure to avoid jerking and twisting.

A

lways keep a firm grip on the object throughout the lift.

C

arry the load close to your body and always move your feet when turning.

K

eeep your back straight and turn your entire body to avoid twisting.



**Identify Hazards, Assess the potential risk,
Utilize helpful tools or get help from a co-worker if needed!**



The School District of Philadelphia Office of Risk Management